

HALIFAX metro

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metro
**ATLANTIC
PLAYLAND**
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See Page 18

'Without Halifax, there is no War of 1812'

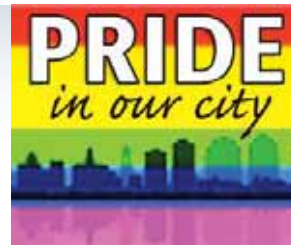
Exhibition at the Maritime
Museum of the Atlantic tells a
uniquely Haligonian story **PAGE 7**

Dolled up to the tune of 200K?

Duffy's expenses included a
makeup artist and personal
trainer, RCMP allege **PAGE 9**

'STRAIGHT' OR GAY, IT DOESN'T MATTER'

METRO DELVES INTO THE LGBTQ
COMMUNITY THIS WEEK, WITH
A FEATURE ON A SPYFIELD GAY
COUPLE AND LIFE WITH THEIR
NEW SON **PAGE 4**



RCMP LAUNCH EYES IN THE SKY

Const. Mark Skinner pilots one of the RCMP's newest unmanned aerial systems outside the force's Burnside headquarters on Tuesday. The RCMP have five of the drones that will be used throughout the province for everything from crime to accident investigations. Story, page 6.

JEFF HARPER/METRO

So long, St. Patrick's

Slated for demolition.
Council votes to give
former high school the
wrecking ball

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The former St. Patrick's High School and Quinpool Education Centre in Halifax is slated for demolition.

Halifax Regional Council approved razing the surplus building at 6067 Quinpool Rd. during its Tuesday meeting.

"It has had a very full life as a school, as a resource centre within that community, a very important peninsular landmark," said Coun. Jennifer Watts during the meeting.

A staff report estimates the cost of demolition at \$3.5 million. Demolishing the property includes destroying both the gymnasium and auditorium.

"The auditorium has a particular place in people's

hearts who have been in that auditorium for the wonderful acoustics that it has," said Watts.

However, Watts explained the costs for maintaining the auditorium are high and there has been no group showing interesting in taking it over.

As well she told council it is not worth keeping the gym which is in a "very sad state of repair," with "ceiling tiles falling off."

Councillor Linda Mosher spoke on behalf of the Quinpool Road Business Association relaying they would like to see a mixed-use building replace the school incorporating residential, business, arts and green spaces.

Watts reiterated that there would be further public consultation regarding developing the area.

History

St. Patrick's High School was built in 1954 and was closed as a high school in 2007.



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Group attack

Police trying to ID suspect in transit driver beating

Halifax Regional Police are asking for the public's help identifying a young man wanted in relation to the beating of a Halifax Transit bus driver in Dartmouth earlier this month.

Police were called to the Dartmouth bridge terminal around 9:20 p.m. on July 8 in relation to the assault.

The driver saw two females fighting at the terminal, and according to police, left his bus to try and break up the scuffle.

That's when the driver was surrounded by a group of people, three of whom allegedly knocked him to the ground and began kicking him. The driver suffered minor injuries.

Two men, an 18-year-old from Sackville and a 20-year-old from Halifax, have each been charged with assault causing bodily harm.

Police are still trying to identify the third suspect, and on Tuesday, released an image in hopes the public could identify him.

Anyone with information on the man's identity is asked to contact police at 490-5020 or Crime Stopper. **METRO**



The assault suspect

HANDOUT/HALIFAX REGIONAL POLICE



Public input sought in closure of off-leash dog park

A public consultation is taking place on Wednesday night to discuss Halifax regional council's recent decision to close the off-leash dog park in Africville, pictured here, after a new off-leash dog area can be found nearby. The meeting begins at 7 p.m. at the Halifax Forum's Maritime Hall. Council says it wants the new off-leash park opened by the end of 2014.

JEFF HARPER/METRO

Home builders group wants tax moratorium

Real estate.

Consultation with developers encouraged before implementation

DESIREE FINHERT

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The Nova Scotia Home Builders Association is calling for a moratorium on a proposed tax on rural and suburban homeowners.

Halifax regional council has asked staff to consult with the housing development industry before implementing a Capital Cost Con-

tribution (CCC) fee on homes in outlying areas of the municipality.

The fee would be used to pay for improving services such as transit and roads.

"We're going to suggest a moratorium," said NSHBA's Paul Pettipas following Tuesday's committee meeting. "Let's just look at it and not just further push the problem by adding more costs."

Pettipas is calling for a six-to-12-month moratorium on any additional housing tax in an effort to remain competitive and retain the city's population.

The tax talk comes at a time when the Canadian Mortgage and Housing Cor-

poration (CMHC) reported a 65 per cent decrease in new housing construction in Halifax from January through June this year compared to last. Meanwhile housing starts are booming in the neighbouring municipalities of Chester, East Hants and Truro.

"Somewhere along the line it's catching up," said Pettipas. "People are saying, 'Why should I live in Halifax? I've got 100-series highways, I can live in the beautiful area of Chester.'"

Some councillors raised their own concerns about the tax money being paid in one area and spent in another, while staff argued that road

and transit improvements benefit everyone.

"When you pay a certain fee to move into a certain area that fee should be used to improve services in that area," said Coun. Tim Outhit.

Coun. David Hendsbee said he would only support the motion if it meant revisiting the transit strategy, and specifically bring MetroX, MetroLink and Park and Ride services to specific areas.

"I think that we failed our rural and suburban residents when we cut back on the transit strategy and held back on the MetroX and MetroLink services," said Hendsbee.

1 NEWS

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Keeping it all in the family: A look at a happy Halifax marriage

Pride in our city. Local gay couple reflects on new son, married life



HALEY RYAN
haley.ryan@metronews.ca

Alisha LeBouthillier runs her hand over her eight-month-old son's head as he sits on her lap, laughing and throwing his hands up and down.

LeBouthillier, 30, said she worries he'll be teased for his smaller ear when he starts school, or if he's a geek — but the fact he has two moms is on the bottom of her list.

"Kids get picked on, whether it's because they have two moms or because he has a lisp," Alisha said. "It's going to happen."

Her wife of three years, Julie LeBouthillier, said she also isn't concerned because she's seen society change for the better since she came out nine years ago, and hopefully people will be "even more open minded" when he goes to school.

"In a small town that might be different but in Halifax I'm really not ... worried," she said.

Julie and Alisha moved into their Spryfield home last spring, and said they made friends with neighbours right away.

Both said they've been lucky to have supportive work and family environments, and have never run into open discrimination because they're gay. Still,

Quoted

"I'd rather someone take an extra-long look at me if it means that it's going to make them that much more comfortable (with) the next same-sex couple they see." Alisha LeBouthillier

Quoted

"We always wanted to be married and have kids. Whether you're straight or gay, it doesn't matter."

Julie LeBouthillier

they notice the small things.

Julie said when Alisha had just given birth to their son, she felt like she was coming out all the time because people would ask why she was at work if there was a newborn at home.

"I don't mind coming out, but I don't really want to do it every day like five times a day to strangers," Julie said.

Alisha said although they're "lucky" they can surround themselves with people who care about them, there's "still lots to work on" around homophobia, especially for young gay and trans teens who come out in school and can't walk away from bullying. She also said it would be great to hear more people ask about her partner or spouse when they see her wedding ring instead of a husband. It doesn't make a difference to a straight couple, but "means the world" to a same-sex one, Alisha said. It's also harder for lesbian couples to start a family because they said there are not as many options in Halifax, or very expensive ones.

"If you look in Quebec for example, it's paid for. You can have IVF (in vitro fertilization)



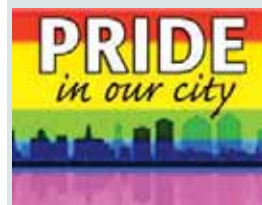
Julie LeBouthillier, left, and her wife Alisha LeBouthillier pose for a photo with their eight-month-old son last week in their Spryfield home. HALEY RYAN/METRO

which is \$10,000, for free," Julie said.

Some are surprised to learn Julie and Alisha haven't had negative experiences, Julie said it's mostly her grandparent's generation that expect gay couples lead "a hard life."

"We're extremely happy," she said with a smile at Alisha. "To me this is normal. It's been normal for a long time."

More coverage



Metro will be delving into the LGBTQ community for the rest of the week.

- **On Thursday:** We'll tackle language and ask what's right and wrong to say to those in the LGBTQ community.

- We'll also look at life for those who are transgendered.

- **On Friday:** Read about Halifax Pride: Then and now.
- Find out about an alternative pride group making waves

Changing attitudes through holding hands in the city

Halifax lawyer Kevin Kindred says he makes a point of taking his partner's hand when out in public, despite sometimes hearing gay slurs tossed out of passing cars.

Although straight couples rarely think twice about holding hands, the Halifax lawyer and gay activist explains that same-sex couples are always conscious when they do because the level of homophobia that comes with nasty

comments and that "borders on violence" still exists.

"I almost feel like we sometimes make a point of doing it," Kindred said. "Not everybody feels secure enough to do that."

Kindred loves Halifax, and says his experience has been a positive one despite the reality of negative experiences for himself and members of the LGBTQ community.

Much of the attitudes to-

wards gay men are fuelled by the idea they need to be masculine, and those who aren't "make people deeply uncomfortable," he says.

Effeminate men in particular are often pressured to be more masculine in both the broader and LGBTQ communities, he adds.

"The more the community becomes mainstreamed, some of those internal homophobias start to play a big-

ger role," Kindred said. "The way the community turns in on itself is sometimes a little dark."

Kindred says it's important to recognize homophobia within ourselves, as well as the gender stereotypes we place on others and how we treat them if they differ from that expectation.

He says Halifax is still a good place for same-sex couples to raise kids, because

it's a city where people feel the importance of combating homophobia "even if we haven't done a perfect job of it."

While many policies and laws need to be addressed for trans people in particular, Kindred says it's time to focus on "individual hearts and minds" to really change culture and have everyone living more comfortably.

HALEY RYAN/METRO

Quoted



"We don't want to let the perception of homophobia stop us from being who we want to be."

Kevin Kindred
on himself and his partner



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Const. Mark Skinner explains the features of one of the RCMP's newest unmanned aerial systems outside the force's Burnside headquarters on Tuesday. Inset: A photo taken by the RCMP drone on Tuesday. JEFF HARPER/METRO; INSET: CONTRIBUTED

Cops take to the sky to fight crime

Eyes in the sky. RCMP unveil new drones that will work out of five locations



HALEY RYAN
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RCMP across Nova Scotia have welcomed five new members to their team who can go into dangerous situations alone, look at a crime scene like never before, or find a lost person in the dark.

On Tuesday, Const. Mark Skinner of the RCMP showcased one of the unmanned aerial systems (or drones) now used in Halifax, New Minas,

Quoted

"If we have a tool that is cheaper and more cost-effective than using a helicopter ... and gives a higher (level) of officer safety, those are all pluses."

Const. Mark Skinner

Bible Hill, Sydney and Yarmouth.

"It certainly gives us a safety edge," Skinner said after flying the black Draganflyer X4-P model up about 60 metres into the sky outside the RCMP headquarters in Burnside.

One of the main uses will be to keep officers safe during an "active threat situation" like a school shooting or barricaded person, Skinner said, where the drone can go in and

see where the exits are and gather video evidence.

"We hope they never, ever happen, but this is what we have in case they do happen so we can protect citizens, but also police."

The \$30,000 model can take high-quality aerial photos up to a maximum height of about 152 metres or 500 feet, Skinner said, which is especially helpful in reconstructing a car collision or viewing a major crime scene.

An accident on Highway 103 on Sunday evening near Mahone Bay was the first official time a drone was used, and Skinner said the photos will help "significantly" in court when officers are called upon to testify because skid marks and the point of impact are clearly visible.

In a search-and-rescue scenario, the remote-controlled drones can use a thermal image setting to spot people lost in the woods and send up a flare, although Skinner said its uses are limited because of the 20-minute battery life.

Although the drones won't change day-to-day police operations, Skinner said, it will enhance investigations overall while protecting officers and saving money.

Two charged with street racing on Hwy. 103

Two men have been charged with stunting and have lost their licences after a street race on Highway 103 Monday evening.

The RCMP in Shelburne County say one of its officers stopped two vehicles travelling in excess of 150 km/h at about

9:30 p.m.

While the officer was talking to a 19-year-old driver in one vehicle, the 26-year-old driver of the other vehicle drove away. That driver was later arrested after he turned himself into police.

While the younger man

Big ticket

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The fine for stunting in Nova Scotia

had his vehicle impounded,

the older individual has been charged with failing to obey a police officer.

"Street racing is dangerous and illegal, the risk to drivers and the public is extreme and the consequences can be devastating," the RCMP said in a release. **METRO**



Visitors to the Maritime Museum of the Atlantic in downtown Halifax on Tuesday check out part of the travelling exhibition on the War of 1812 produced by the Canadian War Museum in Ottawa. The exhibit will be on display until Oct. 13. JEFF HARPER/METRO

War of 1812, 4 ways

Maritime Museum of the Atlantic. Travelling exhibition offering multi-perspective history lesson at downtown location until mid-Oct.



KRISTEN LIPSCOMBE
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Who won the War of 1812?

That depends on how you look it, according to historian Peter MacLeod, who was in town Tuesday to help unveil a special exhibition at the Maritime Museum of the Atlantic.

"We decided to present the war from the perspective of the four major players," the curator visiting from the Canadian War Museum in Ottawa said of the travelling display,

which will be open to the Halifax public until Oct. 13.

"So you have the British, the Americans, the Canadians — including Canadian First Peoples — and Native Americans," MacLeod said. "Instead of telling one story of the war, we tell four."

The 1812 exhibition also tells a uniquely Haligonian story.

"We focus on basically three things in the Nova Scotia component," guest curator Martin Hubley said of an additional display called Prize & Prejudice: Nova Scotia's War of 1812.

That includes Maritime causes of the war, its impact on Nova Scotia's economy and the legacy of black refugees.

"It's the 200th anniversary of the war; it went on between 1812 and 1815," explained Hubley, who is also the curator of history at the Nova Scotia Museum.

Online

Visit maritimemuseum.novascotia.ca for more information on the travelling 1812 exhibition and Prize & Prejudice: Nova Scotia's War of 1812.

"It's (also) the 200th anniversary in 1814 of the start of the arrival of black refugees to Nova Scotia," he said. "A huge number, almost 2,000 individuals ... came from the Chesapeake Bay region ... to get freedom that was offered to them by the British."

The exhibition includes "two amazingly powerful letters" written by black refugees that are on display to the public for the first time, Hubley said.

The exhibition also includes lesser-known facts about Nova Scotia, such as that English author Jane Austen's brother Charles was a Royal Navy officer based in Halifax.

"We're playing off the name *Pride and Prejudice*," Hubley said. "He was actually flag captain for the admiral in Halifax."

Key location

"Without Halifax, there is no War of 1812. The British cannot defend British America without Halifax."

Canadian War Museum curator Peter MacLeod

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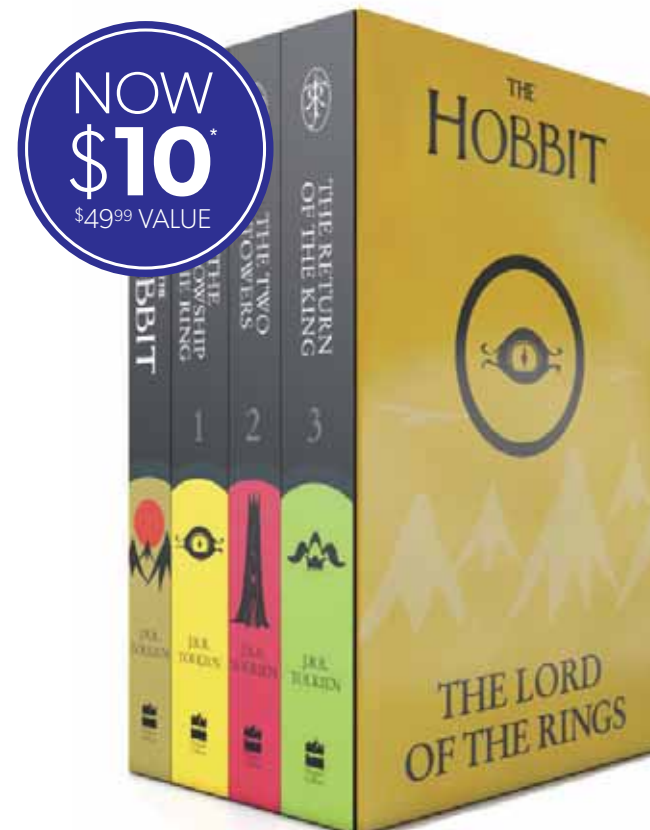
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Bylaw would free up city's food trucks

Council reading. Plan allows for earlier hours, new and joint locations

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halifax@metronews.ca

Halifax regional councillors have been served up the latest fare on food-truck vendors.

A bylaw was given first reading in council chambers Tuesday, proposing to open up the emerging mobile meal industry.

"It has been a long time coming, but it is a very good report in terms of dealing with some of the concerns and consulting that has gone on," said Coun. Jennifer Watts.

If it passes, these little restaurants could open in time for breakfast, have more than one

operator on their licence, operate off a bicycle and park their vehicles in additional spaces.

"We've opened up the opportunity for groups of vendors to apply for a site together," said Chris Davis with Right of Way Services. "Then they can work out their own rotation, where it might not have been viable for one truck to be there 24 hours a day, seven days a week."

Municipal staff and vendors proposed five additional designated vendor locations — Kearney Lake Beach, Purdys Lane, DeWolf Park, the Dingle and Point Pleasant Park — which raised some concerns.

Coun. Russell Walker suggested the Kearney Lake Beach location be removed from the list, which passed.

"I was out there on the weekend," said Walker. "The parking lot was full. Illegal parking is already an issue."



Welcome to the Jam, New Pornographers

The New Pornographers, shown performing during the Coachella Music Festival in California in 2007, are coming to town to perform at this summer's SandJam Halifax volleyball event. The group will perform on Aug. 30, with tickets going on sale Friday through sandjamhalifax.ca. FRAZER HARRISON/GETTY IMAGES

Assault charge

Premier's former spokesman gets case adjourned

A former spokesman for the premier who was charged with assault has had his case adjourned until September.

A provincial court judge in Halifax agreed to a request from Kyley Harris's lawyer to set over a plea until Sept. 10.

Defence lawyer Mike Scott says he has received disclosure from the Crown.

Harris was charged after an alleged domestic incident on May 9. He was the communications director for Premier Stephen McNeil until he was fired on May 20, with McNeil saying the dismissal was necessary because Harris waited four days to tell the government he was facing a charge.

McNeil said Harris wasn't let go right away because a review was needed to find whether anyone else inside the government knew about what had happened. **THE CANADIAN PRESS**

Police seek help in locating missing Dartmouth woman

Investigators with the Halifax Regional Police/RCMP integrated vice unit are asking for the public's help in finding a missing Dartmouth woman.

Catherine "Catie" Miller, 29, was last heard from by her family on July 15. Miller is described as a white female, five-foot-eight-inches tall, 130 pounds, with brown shoulder-length hair often worn in a ponytail, grey eyes and pierced ears.

According to a release, there is no evidence to suggest foul play is involved, but police said there is concern for her well-being.

METRO



Catherine "Catie" Miller, 29, was last heard from on July 15. CONTRIBUTED

Totally legit

Debit-card reps not crooks after all, say police

Halifax police are retracting a report of potential fraud targeting debit machines.

Police said earlier Tuesday there was suspicious activity involving two well-dressed men entering businesses saying

they represented a debit machine company before asking questions about the store's machines.

Investigators said the men went to several businesses claiming to be from different financial institutions.

Const. Holly Tooke said later that the company the men were representing is legitimate and it represents several financial institutions.

THE CANADIAN PRESS

Not yet named

Body of missing canoeist found

RCMP say the body of a missing canoeist was found by a fisherman off northeastern Nova Scotia on Tuesday.

The 33-year-old man, whose name has not been released, went missing after a canoe capsized near Bayfield on Sunday.

THE CANADIAN PRESS

Victims' bodies removed from plane crash site in east Ukraine

Flight 17. Bodies will be flown to the Netherlands, where the majority of victims are from, to be identified

A train bearing the dead from the downed Malaysian airliner finally reached Ukrainian government-held territory Tuesday, but the pro-Russian separatists in control of the crash site showed little willingness to allow the full-scale investigation demanded by world leaders.

Five days after the plane was blown out of the sky, refrigerated railcars bearing victims' bodies — gathered up after several days in the sun — rolled out of the war zone and into the city of Kharkiv.

The dead will be flown to the Netherlands, the homeland of most of the victims, for identification. The Dutch government declared a day of



Malaysian air crash investigators look around the crash site of Malaysia Airlines Flight 17 in the village of Rozsypne, eastern Ukraine, on Tuesday. VADIM GHIRDA/THE ASSOCIATED PRESS

national mourning Wednesday, as the country prepared for the arrival of the first bodies in the afternoon.

It was unclear how many

of the 282 corpses reported found so far were on the train. The crash killed all 298 people aboard Malaysia Airlines Flight 17.

Jan Tuinder, the Dutch official in charge of the international team dealing with the dead, said that at least 200 bodies were aboard the train and

Warship sale continues

France says it will go ahead with the sale of a warship to Russia despite calls for an arms embargo against the country, highlighting how Europe's business ties hinder its ability to punish Moscow over the crisis in Ukraine.

- French President Francois Hollande said that if the deal were cancelled, they would have to reimburse Russia 1.1 billion euros.

that more remains could be found once the body bags are examined fully.

The flight data recorders will be examined by British air accident investigators. At the crash zone, Malaysia Airlines officials walked the site wearing backpacks, photographing the scattered debris.

THE ASSOCIATED PRESS

Conspiracy theories

Russian media speculation paints Ukraine as crash culprit

An assassination attempt against Russian President Vladimir Putin; a desperate ploy to draw the West into the battle for Ukraine's east; a botched mission to commit mass murder against Russian citizens: Russian news consumers are getting plenty of explanations for the downing of Malaysia Airlines Flight 17, which killed 298 people.

Yekaterina Andreyeva, one of Russia's most famous TV anchors, delved into one theory hours after news of the crash broke: Putin, travelling home from Brazil, passed along the same flight path as the Malaysian passenger jet less than one hour before it was hit, suggesting an assassination attempt.

By Friday morning, the assassination theory was replaced by other scenarios.

THE ASSOCIATED PRESS

Nigerian president meets parents, classmates of kidnapped girls

President Goodluck Jonathan met for the first time Tuesday with parents of 219 kidnapped Nigerian schoolgirls and dozens of classmates who managed to escape from their Islamic extremist captors.

Jonathan assured them of his determination that those still in captivity "are brought out alive," presidential spokesman Reuben Abati told reporters after the meeting.

It was "a very successful event," said Abati. Some of the girls described their escapes and Jonathan gave assurances that the education of the girls and their still-captive classmates would not suffer in any way, he said.

"Mr. President reassured them of the federal government's determination and his personal determination to ensure that the girls that are still in captivity are brought out alive. He made it clear that is the main objective of the government," said Abati.

The parents emerged from the closed door meeting without showing emotion but some shook hands with the president.

The delegation of 177 met with Jonathan, said Lawan

Abana, spokesman for the community of Chibok, the town where the schoolgirls were kidnapped. An AP reporter counted 51 of the 57 girls who escaped after their abduction.

Jonathan was accompanied in the meeting by the ministers of education and finance, and his national security adviser. Also present was the Gov. Kashim Shettima of Borno state, from which the girls were abducted. Shettima has accused Jonathan of not doing enough to save the girls and has angered the government with his charges that Boko Haram fighters are better armed and motivated than Nigeria's military.

Tuesday's meeting came after some parents refused to meet Nigeria's leader last week. For months the parents have been asking to see the president and he finally agreed to a request from Pakistani girls-education activist Malala Yousafzai.

The failure of Jonathan's government to rescue the girls has prompted an international campaign and daily #BringBackOurGirls rallies in Abuja, the capital, to ensure attention for the girls' plight.

THE ASSOCIATED PRESS



Nigerian president Goodluck Jonathan, left, greets some school girls who escaped abduction, on Tuesday in Abuja, Nigeria. THE ASSOCIATED PRESS

Chibok under siege

Attack, illness kills 11 parents

Since Islamic extremists first kidnapped more than 200 Nigerian schoolgirls, 11 of their parents have died, town residents say.

The town where the girls were kidnapped, Chibok, is cut off by militants, who have been attacking villages in the region. Seven fathers of kidnapped girls were among 51 bodies brought to the Chibok hospital after an attack on a

nearby village this month, said a health worker who insisted on anonymity.

At least four more parents have died of heart failure, high blood pressure and other illnesses that the community blames on trauma due to the mass abduction, said community leader Pogu Bitrus.

"One father of two of the girls kidnapped just went into a kind of coma and kept repeating the names of his daughters, until life left him," said Bitrus. THE ASSOCIATED PRESS

Charges. New court docs allege five 'inappropriate expense claims' by Duffy

The RCMP alleges that Sen. Mike Duffy charged taxpayers for a personal trainer, a makeup artist and for the cost of personal travel to funerals and other ceremonies.

New court documents provide fresh details on 31 charges laid against Duffy last week, alleging five "inappropriate expense claims associated with personal attendance at funeral and related ceremonies."

According to the documents, the claims were filed from June 2009 to September 2012 and contain "false or misleading information."

Duffy is also accused of fraudulently awarding a

\$65,000 contract to his long-time friend, Gerald Donohue.

That money was allegedly used to "facilitate" payments to three other people, including an Ottawa personal trainer and a self-employed makeup artist, according to the court filing.

The RCMP announced last week it was charging Duffy, who denies any wrongdoing, with 31 criminal counts related to his expense claims, accusing him of mispending more than \$200,000. The charges stem from the senator's housing and travel expenses, and a \$90,000 payment from Nigel Wright, the former chief of staff to the prime minister. THE CANADIAN PRESS

'Modern day slavery'

Members of Hungarian human trafficking ring deported

Twenty members of a Hungarian human trafficking ring that brought people from eastern Europe to Canada with promises of a better life have been deported,

Public Safety Minister Steven Blaney said Tuesday.

He said the victims were forced to work illegally, live in deplorable conditions without adequate food, and were intimidated or attacked repeatedly. The RCMP has previously said the victims were mostly poor Hungarians who were duped into coming to Canada and forced to work for free, in a case of "modern day slavery." THE CANADIAN PRESS

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End to fighting near: UN chief



A Palestinian family watches rescuers searching for bodies and survivors under the rubble of homes destroyed by an Israeli missile strike, in Gaza City, on Monday. KHALIL HAMRA/THE ASSOCIATED PRESS

'Hope and belief'

Ban Ki-moon says a
ceasefire is possible,
despite obstacles

The UN secretary-general said Tuesday it is his "hope and belief" that his emergency mission to the Middle East will lead to an end to the fighting between Hamas and Israel "in the very near future."

Ban Ki-moon told the Security Council by videoconference from the West Bank city of Ramallah that he could not publicly reveal details "at this highly sensitive moment." As he started to address the council, a siren could be heard in the background.

The UN chief has also visited Qatar, Kuwait, Cairo and Jerusalem and said he will go on to Jordan and Saudi Arabia on what he called a mission "of solidarity and peace" to quickly end an escalating two-week war between Israelis and Hamas militants who control the Gaza Strip.

Their third conflict in just over five years has already claimed the lives of at least 609 Palestinians, according to the Gaza Health Ministry, the vast majority civilians. Twenty-nine Israelis have been killed — 27 soldiers and two civilians.

In the past three days, Ban has met with the head of the Arab League and Arab, Palestinian and Israeli leaders, as well as U.S. Secretary of State John



A relative mourns over the coffin of an Israeli soldier on Tuesday. TSAFRIR ABAYAOV/THE ASSOCIATED PRESS

State of the conflict

- **Casualties.** At least 29 Israelis have been killed, of whom 27 were soldiers and two were civilians. At least 609 Palestinians have been killed, according to the Gaza Health Ministry. More than three-quarters are civilians, including at least 152 children.
- **The fate of an Israeli soldier** who went missing in Gaza remains unknown.

Kerry and Norway's foreign minister. He also spoke to French President Francois Hollande.

He cautioned, however, that "of course, there are many obstacles and complexities."

Ban said "the most promising prospect of a ceasefire" is an Egyptian initiative to return to the cessation of fighting in November 2012 that has been endorsed by Palestinian President Mahmoud Abbas and the Arab League — but not Hamas. **THE ASSOCIATED PRESS**

Flying restrictions

Airlines halt flights to Israel

In a sign of increased caution about flying near combat zones, U.S., Canadian and European airlines halted flights to Israel Tuesday after a rocket landed near Tel Aviv's Ben Gurion Airport.

Delta Air Lines and United Airlines suspended service between the U.S. and Israel indefinitely, while US Airways scrapped its one flight to Tel Aviv Tuesday.

Air Canada, Germany's Lufthansa, Air France, and Alitalia also cancelled flights to Tel Aviv over safety concerns amid the increasing violence.

Dutch airline KLM cancelled a flight from Amsterdam and Greece's Aegean Airlines also cancelled flights to Tel Aviv on Tuesday and Wednesday.

The actions come days after a Malaysia Airlines jet was shot down over eastern Ukraine with 298 people on board.

THE ASSOCIATED PRESS



Children wearing masks walk and ride home after school in Beijing earlier this year. Air pollution kills about seven million people worldwide every year, says a report from the World Health Organization published in March. THE ASSOCIATED PRESS FILE

Liquefied natural gas: The answer?

British Columbia.

Christy Clark claims LNG industry will help clean up the Earth, as well as B.C.'s debt

British Columbia's Premier, Christy Clark, says B.C.'s proposed liquefied natural gas (LNG) industry has the power to fight air pollution in China and clear up smog in Los Angeles.

The premier's natural gas development minister also boasted to delegates at the same conference on Monday that the LNG industry will clean up the provincial debt.

Clark told the Pacific Northwest Economic Region

Quoted

"The environment knows no borders. This is one world and we all share the air in it."

British Columbia's Premier Christy Clark told a crowd in Whistler, B.C.

gathering, where business and government leaders from provinces, territories and U.S. states gathered to address policy issues, that LNG will fight harmful greenhouse gas emissions worldwide, but it may also increase those same emissions in B.C.

"This is our biggest opportunity we've ever had to reduce greenhouse gas

emissions worldwide," Clark told a crowd in Whistler, B.C. "Studies have shown cleaner air in China means cleaner air here. Cleaner air in China means fewer smog days in Los Angeles."

She said China plans to reduce its energy dependency on coal and is looking to increase its use of natural gas by four per cent, which is not a large number, but is equivalent to all the greenhouse gas emissions in B.C. for a period of 18 months.

The premier said the Liberal government is banking on at least three LNG export plants operating in B.C. by 2020. The major export markets for B.C. LNG are China, South Korea and Japan.

THE CANADIAN PRESS

Meat scandal spreads in China

A reported meat scandal in China engulfed Starbucks and Burger King on Tuesday and spread to Japan, where McDonald's said the Chinese supplier accused of selling expired beef and chicken had provided 20 per cent of the meat for its chicken nuggets.

Chinese authorities expanded their investigation of the meat supplier, Shanghai company Hushi Food Co. A day after Hushi's food processing plant in Shanghai was sealed by the China Food and Drug Administration, the agency

said Tuesday that inspectors also will look at its facilities and meat sources in five provinces in central, eastern and southern China.

The scandal surrounding Hushi Food, which is owned by OSI Group of Aurora, Illinois, has added to a string of safety scares in China over milk, medicines and other goods that have left the public wary of dairies, restaurants and other suppliers.

Food safety violations will be "severely punished," the food agency said on its

website.

Starbucks Corp. on Tuesday said it removed from its shelves sandwiches made with chicken that originated at Hushi. Burger King Corp. said it stopped using hamburger it received from a supplier that used product from Hushi.

In Japan, McDonald's Corp. said it stopped selling McNuggets at more than 1,300 outlets that used chicken supplied by Hushi. It said the Shanghai company had been supplying chicken to it since 2002. THE ASSOCIATED PRESS

Go ahead, click on that

Netflix working on 'privacy mode'

On-demand video services like Netflix have become so prominent and so simple to use that it's easy to forget everyone in the household can, potentially, see what you've been watching.

If you've got nothing to hide, you have the patience of a saint and your cinematic and televisual taste would put the late great Roger Ebert to shame, then no worries.

Cliff Edwards, Netflix's new director of corporate communications and technology, told Gigaom Media: "We are testing a feature in which a user watching a movie or TV show can choose to view in 'Privacy Mode.' Choosing that option means the program will not appear in your viewing activity log, nor will it be used to determine recommendations about what you should watch in the future." AFP

Market Minute



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Equality. Tech companies aim to bridge gender gap

Disparity

Recently, Silicon Valley giant Google Inc. publicly disclosed that less than a third of its global workforce of about 50,000 employees were women. Those statistics were nearly mirrored at Yahoo Inc., which revealed that women made up only 38 per cent of its employees.

Tech companies — whether they be established firms with thousands of employees or five-person startups only months in the making — have long been criticized for their lack of female employees, especially in management and engineering roles.

In the last few years, however, the industry has taken note of the gender disparity and it is slowly changing.

"It's a problem. It's a real problem," said Sandra Wear, an entrepreneur and CEO with the national organization, Canadian Women in Technology.

Wear, the founder of two tech startups, said the lack of

gender diversity hurts the whole industry, especially one that should rely on diversity for innovation. THE CANADIAN PRESS

Quoted

"If you're looking at 10 years down the road, not everyone will work in a pure technology role but technology is becoming more and more of a basic skill that everybody needs to have."

Heather Payne, who runs workshops in Toronto called Girls Learning Code, aimed at six- to 16-year-olds, said it's important to turn women into creators of technology, not just consumers.



Students attend the Girls Learning Code computer workshop in Toronto last week. CHRIS YOUNG/THE CANADIAN PRESS

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WORSHIPPING THE GREAT WHITE

Jaws is back.

But, instead of mass hysteria, the great white shark is now spawning retail frenzy along the banks of old Cape Cod.

Shark sightings have increased in recent years along with the increase in shark bait: big, tasty (if you're a shark) grey seals.

But instead of freaking out, people are flocking to the area to spot a shark and attack the racks, where they can buy great-white inspired T-shirts, hoodies, hats and cute little stuffed sharks.

People love sharks, and they love great whites most of all.

The 1975 movie, Steven Spielberg's first blockbuster, has earned about \$2 billion US, adjusted for inflation, and its ominous duuun-dun, duuun-dun music continues to resonate up and down our spines.

The success of Jaws led to a sequel and perhaps the greatest movie tagline in history: "Just when you thought it was safe to go back in the water."

It also led to the summer blockbuster: the bloated multimillion-dollar overabundance of special effects and bad acting that has spawned a creature even scarier than a shark. His name is Michael Bay. He directed the Transformer movies.

Just when you thought it was safe to go back in the theatre.

Hysteria aside, there have been 106 unprovoked great white shark attacks in U.S. waters, 13 of them fatal, since 1916.



JUST SAYIN'

Paul Sullivan

metronews.ca

You're as likely to be attacked by a grey seal.

Still, unlike the pleasingly plump and (usually) indolent seal, the great white has a powerful grip on our imaginations — as you might expect from a creature that can grow up to seven metres long, swim 65 kilometres per hour and bite with the force of 4,000 pounds, whatever that means.

Shark scientists believe most great white attacks on people are of the experimental variety, or test bites.

"It kind of looks like a seal, so I'll just give 'er a nibble."

There is learned speculation that great whites don't even like the taste of humans, which is probably cold consolation for those swimmers down one leg on account of a test bite.

I can testify that when someone on a paddle board comes screaming by, shouting, "Shark! Shark in the water!" you don't spend any time wondering about the myth versus the hype. You just get the hell out of the water as fast as you can.

Four-thousand pounds of force, indeed.

One good thing about all this great white shark worship: There could be as few as 3,500 great whites left in all the world's oceans after decades of over-fishing, mostly for shark fin soup.

Although it's probably too little too late, a little respect from its foremost predator is exactly what the great white shark needs.



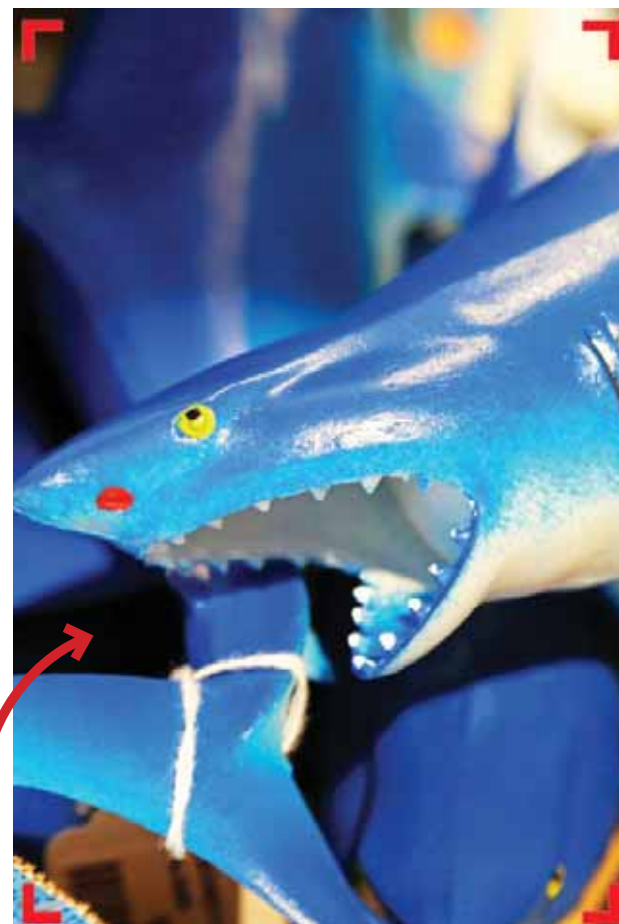
Follow Paul Sullivan on Twitter @breakthroughpr

Myth vs. hype

Shark scientists believe that most great white attacks on people are of the experimental variety, or test bites.... I can testify that when someone on a paddle board comes screaming by, shouting: "Shark! Shark in the water!" you don't spend any time wondering about the myth versus the hype.

AUGMENTED REALITY

→ Still scared? Scan the photo with your Metro News app to see the opening of the 1975 movie Jaws and find out whether Chrissie's last swim still gives you chills. Steven Spielberg's first blockbuster led to a sequel with the eeriest of taglines: "Just when you thought it was safe to go back in the water."



A bin is filled with plastic toy sharks in a souvenir shop in Chatham, Mass. With growing sightings of great white sharks off Cape Cod, local entrepreneurs are feeding the frenzy with their shark-themed memorabilia. STEVEN SENNE/THE ASSOCIATED PRESS

MetroTube

Kayakers having a whale of a time



ANDREW FIFE

andrew.fife@metronews.ca

Listen ... "whales are huge" is an absurdly obvious thing to say. The word "whale" itself is a synonym for things that are particularly gargantuan.

Heck, the blue whale is the largest animal to ever call our planet home. The evidence is in. It's settled. Whales are huge.

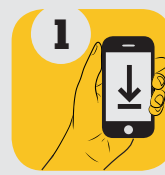
But then you see something like this jowl-jellying encounter between some Argentine kayakers and a few visiting whales, and what's left to say about an animal that resembles a small island emerging from an undersea eruption? (Gisela6652/YouTube)



GETTY IMAGES

METRO AUGMENTED REALITY

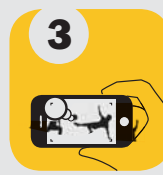
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Woman enough to kick butt as all-out action stars

2 SCENE

Violent femmes. From wild pussycat Varla to Foxy Brown and now Lucy, fierce females tear up the big screen



IN FOCUS
Richard Crouse
scene@metronews.ca

Pam Grier walks into a bar. Sounds like the beginning of a joke, but it's actually the setup for one of the great fight scenes of the 1970s.

Grier played the title character in 1974's *Foxy Brown*, a woman who poses as a high-end escort to get revenge on the gangsters who killed her G-Man boyfriend. When her undercover work brings her to a seedy bar, she confronts Bobbie, a tough-talking patron (played by Jeannie Epper who was also Lynda Carter's stunt double on *Wonder Woman*).

"Listen, skinny," says Bobbie, "before you start talking tough, I better warn you. I got a black belt in karate. So why don't you get out of here quietly, while you still have some teeth left in that ugly face?"

Before you can say, "You go, girl," Foxy clobbers Bobbie with a wooden stool, slamming her in the face then shattering it across her back.

"And I got my black belt in bar stools!" says Foxy.



Scarlett Johansson in *Lucy*. CONTRIBUTED

Grier could deliver a line and a punch, attributes that allowed her to cut a swathe in the male-dominated action movie market of the 1970s.

This weekend Scarlett Johansson adds to Grier's kick-butt legacy on the big screen with *Lucy*, an all-out actioner about a woman who becomes a superhuman when a drug allows her to use 100 per cent of her brain capacity. "I'm able to do things I've never done before," she says. "I feel everything and can control the elements

around me."

Johansson joins a list of dangerous distaff action stars like Michelle Yeoh (*Crouching Tiger, Hidden Dragon*), Jenette Goldstein (*Aliens*), Angelina Jolie (*Wanted, Salt, Mr. & Mrs. Smith*, *Lara Croft: Tomb Raider*) and Uma Thurman (*Kill Bill, Parts 1 & 2*) who have given Schwarzenegger and Stallone a run for their money.

Perhaps the wildest female action movie of all time is 1965's "ode to female violence," *Faster, Pussycat! Kill! Kill!* starring Tura Satana as the thrill-seeking go-go dancer Varla.

Experienced in martial arts, Satana did her own stunts and brought her unique style — black leather gloves, Germaine Monteil eyeliner and layers of Max Factor pancake makeup — to the film.

She even supplied some



Pam Grier in *Foxy Brown*. CONTRIBUTED

AUGMENTED REALITY

→ How powerful is the mind? Lucy's trailer takes a look at what would happen if you actually used 100 per cent of your brain. Scan this photo with your Metro News app to see it!



→ See the full instructions on Metro's Voices page.

of the movie's most memorable lines.

When a gas station attendant ogles her cleavage while extolling the virtues of being on the open road and seeing America, Satana ad libbed, "You won't find it down there, Columbus!"

Time critic Richard Corliss called Satana's performance "the most honest, maybe the one honest portrayal in the [director Russ] Meyer canon and certainly the scariest."

"I took a lot of my anger that had been stored inside of me for many years and let it loose," Satana said of her most famous role.

"I helped to create the character Varla and helped to make her someone that many women would love to be like."

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Zac Efron and Michelle Rodriguez. ALL PHOTOS GETTY IMAGES

Zac's got a tiger on his back the morning after his night with Michelle

Zac Efron and Michelle Rodriguez's summer fling seems to be going strong, as the Neighbors star was spotted leaving the Fast and the Furious actress's home on a recent morning, overnight bag in hand, according to E! News. The pair were reportedly living it up the

night before at the Chateau Marmont with some pals, including Robert Pattinson. But Efron's overnight bag wasn't his only interesting accessory during his walk of shame. He also carried a skateboard and donned a jacket with a ferocious tiger on the back. Quite the look, Efron.

The Word

My sweet lord! Bark beetles pine for late Beatle's memorial

NED
EHRBAR
Metro World News in Hollywood

The world has a sick sense of humour sometimes. Case in point: George Harrison's memorial, planted 10 years ago in L.A.'s Griffith Park to honour the late Beatle. The pine, which had grown to 10 feet by last year, has been felled by ... beetles. Los Angeles city councilman Tom LaBonge tells the L.A. Times that the living memorial had fallen victim to "bark beetles and ladybug beetles, among other tree-unfriendly creatures," but at least there are plans to plant a replacement. Let's just hope the hungry insects haven't set their little beetle eyes on Strawberry Fields next.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



George Clooney

Clooney humble-brags his lucky catch

George Clooney, social climber? The Ocean's 11 star allowed his recent Variety interview to stray ever so briefly onto the topic of his engagement to human rights lawyer Amal Alamuddin, but just long enough to offer a concise summary of the pairing: "I'm marrying up," he tells the publication. Better be careful, Ms. Alamuddin. This Clooney guy might be a bit beneath you.



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How-to

Navigate foreign languages

1. Buy language apps for your phone and practise with them in advance. (Read the reviews first.)
2. A pocket phrase book can be pulled out at lunchtime not only to help order food but to refresh your phrases.
3. Don't be afraid to try; people will appreciate your effort.
4. Must-learns include: Yes, no, hello, goodbye, please and thank you; two beers, please; where is the toilet?; may I have a receipt, please?
5. You should also learn how to count to 10. (In case you need to order 10 beers.)

DOUG WALLACE/METRO



Tool

Offload a room with roomertravel.com

It doesn't happen very often, but it does happen: You get stuck with a non-refundable hotel room you can't use and you have to hide the credit card bill to avoid the shame. Roomertravel.com buys and sells hotel rooms in cities all over the world, with a high concentration in the U.S. It works in more or less the same way StubHub.com sells off theatre tickets. You submit your unused hotel reservation, they post it and you get paid when someone buys it. Best of all, it works both ways. DOUG WALLACE/METRO



Trend

Gastro travel is on the rise

Food and travel is always a delicious combination. This is where Foodie-Trips.com comes in, to help food fans expand on their culinary knowledge by going on food-oriented adventures to some exceptional places. This new tour outfit has developed taste experiences that will see you baking pain au chocolat in Paris, hunting for mushrooms in northern Italy, trapping lobster off Prince Edward Island or stir-frying noodles in Singapore. DOUG WALLACE/METRO



Come play with the Little Prince

New theme park.

A park in the east of France celebrates life's small pleasures couched in the theme of a beloved character

Tucked into a corner of eastern France where overseas tourists rarely venture, the Park of the Little Prince takes its name from one of French literature's most beloved characters — and takes its cues from a simpler time when roller coasters didn't set out to terrify, living room televisions didn't have multi-player 3D video games and theme parks were scaled for the small.

The park, which opened July 1, is perfect for visitors looking for a way to entertain small children who might have had their fill of road-tripping through the French, German or Swiss countryside.

It's located in Ungersheim, in the heart of the Alsace region, about 50 kilometres (30 miles) from Basel, Switzerland, and about 15 kilometres (10 miles) from the German border.

There are 31 attractions based loosely on the theme of flight.

The Little Prince is a space explorer and author Antoine de Saint-Exupéry was a well-known pilot. He got his pilot's license in Strasbourg, the regional capital of Alsace.

Attractions include two tethered passenger balloons, a film about deep-sea mysteries watched from the perspective of a water scooter, and visits with real fox cubs or a flock of sheep



The Little Prince. CONTRIBUTED

with their sheepdog.

Despite the smattering of high-tech, the park — like the book, which was published in 1943 — is more about slowing down and taking stock of the small things that delight.

And remember, as the Little Prince said, "children should always show great forbearance toward grown-up people."

Try telling that to your excited kids as you walk through an amusement park's gates.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan this Little Prince photo with your Metro News app to see a video highlighting some of the features in the theme park — including a delightful hot-air balloon ride that soars high in the sky!



→ See the full instructions on Metro's Voices page.



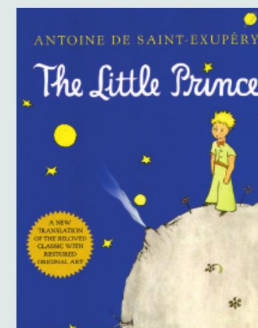
An aerial view of the Park of the Little Prince. THE ASSOCIATED PRESS



Unlike other parks, this one is all about slowing down. THE ASSOCIATED PRESS

If you go...

- **Park of the Little Prince.** parcdupetitprince.com. In Ungersheim. Open 10 a.m.-7 p.m. Adults, \$30, children 3-11, \$21, children younger than 3 free. Family pass (2 adults, 2 children), \$94.
- **Getting there.** High-speed trains serve Strasbourg, about a 90-minute drive from Ungersheim, as well as Basel, Switzerland, about a half-hour drive from the park.



3
THE

Avoiding a face-to-face faux pas

Success in the sit-down. Ace any interview by burying a few common blunders

LAUREN MARINIGH
Metro World News

In a competitive job market, it can be pretty hard to land an interview.

When you manage to get one, it's important to make the most of the opportunity.

Here are some common mistakes that may be stopping you from interview success, whether that means getting hired or progressing to the next stage of the hiring process.

Abandon these bad habits and your interviews will have a much higher chance of a positive outcome.

Behaving unprofessionally

Regardless of your chosen industry, previous experience or the nature of the position at hand, professional conduct is absolutely vital.



Don't be afraid to ask for clarification with questions you're unsure of. The overall goal is to provide relevant answers to each question.

ISTOCK

Dress to impress at every interview you attend, even if it's a casual work environment. Overdressing is better than underdressing. Avoid wearing sandals, short skirts, T-shirts, jeans or shorts. Map out your route in advance, and be sure you have an alternate plan if there are any issues en route. If you're travelling to an unfamiliar area, you may want to test out your route beforehand.

Time how long it will take to get to your interview, and allocate extra time for traffic. Make sure you arrive on time

— which means arriving early.

Aim to be at the interview site 15 to 30 minutes ahead of time.

Arriving too early can catch an interviewer off-guard, so be prepared to spend some time at a nearby coffee shop or other venue until it's appropriate for you to show up.

Once you arrive to your interview, turn off your phone. If a phone goes off in the interview, you might as well get up and leave.

Tip: You are under scrutiny

from the moment you enter the interview location. Assume a confident, professional bearing in advance of your arrival.

Winging it

You read the job description and decided that you're a perfect fit for the role — but landing the interview doesn't mean anything is for sure.

A lack of preparation will make it harder for you to shine in an interview, particularly if you're unable to answer simple questions about the company's operations.

Remember, an interview is not just about your skills and experience. Capable interviewers will also be looking to assess your personal and professional fit. Make sure to read about the business. Note things like their mission, CEO's name, values, and services.

Have a good understanding of the actual position you are interviewing for. Can you identify the major skills and experience that would make someone an asset for the role?

Don't forget to study your own resumé.

Having a detailed know-

Oversharing

Some organizations do interviews in a very laid-back fashion, and work hard to make the whole process feel like a casual chat.

- It's important to take your cues from the interviewer, but don't forget the purpose of your meeting. Personal topics aren't relevant, so don't bring them up first.

- Take care to monitor how engaged the interviewer and other participants are. If they're talking at length about great takeout places near the office, be sure to engage and share your enthusiasm — but

if you find yourself doing most of the talking, you've probably overstepped.

- Only discuss your past experiences in terms of what they taught you and how they position you for the job at hand. Don't focus on negatives or unproductive periods of your employment history.
- Tip: Be ready for questions about negative workplace experiences or times when you haven't met expectations. Make sure you know how to turn these into positive anecdotes.

ledge of the company is just part of the picture — making compelling connections between the role and your own skills is vital for success.

Tip: Research sample interview questions online. Choose

several at random. Could you compose a competent answer on the spot?

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The 'yes' on the table or the role you really want

Juggling job offers.

It's wonderful to be so wanted, but what to do when the employer needs an answer now?



Consider the possibility that the employer who called you back first might be as wonderful as the one you're hoping to hear from. ISTOCK

You've finally made it and gotten a solid job offer, but are you celebrating too soon?

While it's a struggle to get noticed by HR and hiring managers for coveted positions, you may encounter a rare situation when you interview for more than one role — ending up with an offer from one employer while you're waiting to hear back from another (which you prefer more). It may have taken a lot of work to get your first "real" offer, but you shouldn't accept simply because it's the only one you've received. How can you manage this difficult scenario of risk versus reward?

Understand hiring timelines

In an ideal world, you would

hear from both employers at the same time.

Since this isn't likely to be the case, anticipate the crisis by asking about deadlines during your interviews.

If you know a decision won't be made for weeks yet, you may need to make a calculated gamble, or accept the initial offer.

Review the offer

Gaining more information may help you simplify a tough decision.

It's easy to get caught up in the excitement of an offer coming your way. Take some time to review the offer itself and

ensure you understand how it compares to the job you are hoping to land.

If there's a significant difference in the opportunities, you may need to reflect on your short- and long-term goals before making a decision.

Indicate that you have an offer

By sharing that you have an offer, you're communicating openly with your potential employer and hopefully encouraging them to make a decision before your window of availability closes.

It's important to consider all of the available facts before making this move. Some employers may be skeptical and doubt your honesty, while others may appreciate the disclosure and use it to their advantage.

You may have to rely on your overall impression of how well you fared in the hiring process — and how open your prospective employer is.

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Burger Condiment. Chickpea Hummus



This recipe makes about two cups (500 ml). EMILY RICHARDS

This hummus is great to dip into with raw veggies or is a great addition to top off hamburgers or sandwiches.

You could also enjoy it on its own in half a whole wheat pita with tomatoes and cucumber slices.

Try the variations for different flavours.

ferent flavours.

1. In food processor, pulse together chickpeas, peppers, tahini and cumin. With food processor running, add oil and water until very smooth. Pulse in lemon juice and garlic. **EMILY RICHARDS**

Ingredients

- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1/2 cup (125 ml) chopped roasted red peppers or 1 red pepper, roasted, peeled and seeded
- 1/4 cup (50 ml) tahini
- 1/2 tsp (2 ml) ground cumin
- 2 tbsp (25 ml) extra-virgin olive oil
- 2 tbsp (25 ml) water
- 1 tbsp (15 ml) lemon juice
- 1 small clove garlic, minced

Variations

Go beyond chickpeas with these options.

- **Sun-dried tomato version.** Omit roasted red peppers. Use 1/4 cup (60 ml) chopped sun-dried tomatoes that have been rehydrated in hot water and drained.
- **Roasted vegetable version.** Omit roasted red peppers. Use 1/2 cup (125 ml) chopped roasted vegetables.
- **Storage.** Keep in airtight container, refrigerated for up to 2 weeks.

Open-Faced Horseradish Burger. The spicy condiment pairs so well with beef that this dish is sure to become a summer staple



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Beef and horseradish are a perfect combination, making this

Ingredients

- 1 small onion, grated
- 1 clove garlic, minced
- 2 tbsp (25 ml) horseradish
- 2 tbsp (25 ml) steak sauce
- 1 tbsp (15 ml) Dijon mustard
- 2 tsp (10 ml) Worcestershire sauce
- 2 tsp (10 ml) dried oregano
- 1/2 tsp (2 ml) freshly ground black pepper
- 2 tbsp (25 ml) each natural bran and wheat germ
- 1 lb (500g) extra-lean ground beef
- 2 1/2 whole wheat buns
- 4 leaves lettuce
- 1 tomato, sliced



**START TO FINISH
ABOUT 25
MINUTES**

This recipe makes five servings. EMILY RICHARDS

burger a hit with meat lovers. For a spicier horseradish flavour, simply smother the top with some more horseradish.

1. In large bowl, stir together onion, garlic, horseradish, steak sauce, mustard, Worces-

tershire, oregano and pepper. Add bran and wheat germ, stir to coat. Let stand 5 minutes. Using slightly damp hands, mix in beef until mixture is well combined.

2. Form meat mixture into 5

patties about 1/2-inch (1 cm) thick. Place on greased grill or in non-stick skillet for about 12 minutes, turning once or until no longer pink inside. Place patties on each half of buns. Top with lettuce and tomato slices.



This Beef and Mushroom Slider recipe serves six. NEWS CANADA

Hello, multi-purpose slider

As an appetizer, snack, or main, sliders are a fun twist to the traditional full-sized hamburger.

Easy to hold and dunk in condiments, sliders in their many variations such as this mushroom version also make great party food.

1. In large skillet over medium heat, sauté onions in oil until caramelized, about 4 minutes. Add mushrooms and sauté until tender, about 2 minutes. Let cool.

2. In large bowl, combine seasoning, beef, cheese, red

pepper, bread crumbs, egg and onion/mushroom mixture. Mix well. Form into 12 patties.

3. Grill, pan fry or broil until no longer pink or until inter-

nal temperature of 165 F (74 C) is reached.

4. Place cooked burgers on bun and top with your choice of toppings to create one-of-a-kind flavours. **NEWS CANADA**

Ingredients

- 1 tbsp (15 ml) vegetable oil
- 1 cup (250 ml) diced onion
- 2 cups (500 ml) sliced wild mushrooms
- 2 tbsp (30 ml) Club House La Grille Montreal Steak Spice Seasoning
- 1 lb (500 g) lean ground beef
- 1 cup (250 ml) shredded mozzarella cheese
- 2 tbsp (30 ml) diced roasted red pepper
- 4 tbsp (60 ml) bread crumbs
- 1 egg
- 12 mini burger buns or rolls

Summer fun for the entire family

Atlantic Playland is a hidden jewel. Tucked just 25 minutes away from Halifax on the Lucasville Road in Hammonds Plains, it is Nova Scotia's largest family-owned and operated amusement park.

Atlantic Playland has all the goodies you would expect from an amusement park, including waterslides, go-karts, a Ferris wheel, bumper boats, a tilt-a-whirl, mini golf, batting cages, and bumper cars.

This has made it the perfect place to spend a hot, summer day for the last 35 years. After enjoying some of the attractions, people can cool off on the bumper boats, waterslides or by playing Ker-Splash!, a water balloon war game where opponents square off against each other and take aim using slingshots.

One of the best things about Atlantic Playland is the diversity of its attractions.

For example, it has an area known as kiddie land, which is for kids between 36 and 48 inches in height. This area includes a junior Ferris wheel, a caterpillar train, an antique carousel and kiddie bumper boats.



RICHARD WOODBURY PHOTO

For kids less than 36 inches tall, there are four attractions — a nostalgic carousel, kiddie car carousel, caterpillar train, and the kiddie splash pool. "We have something for everyone," says owner Lalaina Biasotti.

Atlantic Playland is open daily from 11 a.m. to 6 p.m. until Labour Day. The park is also available for corporate parties and birthdays.

For more information, visit the park's Facebook page or the website at playland.ns.ca.

GREAT DEALS

As part of its 35th anniversary celebrations, Atlantic Playland is offering some fantastic deals this summer.

On Mondays, Super Bracelets will be buy-one, get-one free when people present a coupon that will be appearing in Metro.

"A Super Bracelet includes unlimited use of everything in the park, except for three things," says owner Lalaina Biasotti.

The three exceptions are the go-karts, batting cages and Ker-Splash!

On Fridays, there will be a special promotion on tickets when people present a coupon that will be appearing in Metro. These can be used to access all of the attractions in the park, except for the batting cages. The tickets will be buy-10, get-five free.

Besides these special promotions, Atlantic Playland has everyday specials, including a family package that includes four Super Bracelets for \$74.95 plus tax. The special works out so that the fourth bracelet costs \$6.

These promotions help make Atlantic Playland an affordable and fun place for the entire family to spend a day. For kids, adults or families looking to visit frequently, it also offers season passes.

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MLB

Jays bounce back after blowout

With the Toronto Blue Jays in need of a strong outing, J.A. Happ was there to provide it.

A day after Drew Hutchison lasted only into the third, Happ threw six shutout innings as the Blue Jays rebounded to beat the Boston Red Sox 7-3 on Tuesday night at Rogers Centre.

Happ (8-5) allowed six hits, struck out four and worked out of trouble to give his teammates a chance to generate some offence. Jose Reyes and Dioner Navarro each homered. **THE CANADIAN PRESS**

NHL

Maple Leafs move towards analytics age with Dubas

Change was on Brendan Shanahan's mind when he took over as president of the Toronto Maple Leafs.

After taking some time to assess the organization, he made his first major change to the front office Tuesday, firing assistant general manager Claude Loiselle and vice-president of hockey operations Dave Poulin, and hiring 28-year-old Kyle Dubas as the team's new assistant GM. The move represents a shift in philosophy.

"He's not tied to any old ideas," Shanahan said of Dubas.

For some time, the Leafs have been considered behind the times with advanced statistics and the former Sault Ste. Marie Greyhounds GM brings fresh ideas. **THE CANADIAN PRESS**

Gay kayaker at peace after coming out

'When you sit in the boat, everybody's the same.' Connor Taras surrounded by support from loved ones, sport

When Connor Taras climbs into his boat, all that matters is how fast he goes.

The water doesn't care about his sexual orientation.

The 25-year-old sprint kayaker from Waverley is gay, and that fact is now getting a lot of attention.

After years of hiding, the Rio 2016 hopeful has come out publicly this week, in time for the Halifax Pride Festival, and in hopes of easing similar struggles for other athletes.

"I realized (at) the end of last summer that I was going to come out," Taras said Tuesday, before practice on Lake Thomas, at Cheema Aquatic Club just down the road from home.

"It took a few months to build up the courage to actually say to my closest friend, for the first time, that I was gay," he said. "I didn't even say that — it's a word that I wasn't comfortable saying, so it was more like, 'I'm interested in guys.'"

Taras had to be "under the influence of alcohol" to get those words out. But when he woke up, "I felt the weight of the world lifted off my shoulders."

It got easier to say those words.

"Within a week, my friends, my coaches, my teammates, my family — all knew."



Kayaker Connor Taras of Waverley poses for a photo Tuesday at the Cheema Aquatic Club. JEFF HARPER/METRO

Strength in diversity

"Having a diverse group of people really creates better results, and it brings out the best in everyone ..." Connor Taras

It turns out they don't care about his sexual orientation, either.

At first "challenging" for his parents, it didn't take long for them to see that being honest — and ultimately being himself — are what make him happy.

The support Taras has received from loved ones inspired

him to share his story with a wider audience.

"I saw this article from the London Olympics, and there (are) ... between 10,000 and 11,000 athletes that compete ... and out of all those athletes, there were only 23 that were out, and only three of them were males," he said.

Taras opened up to the Canadian Olympic Committee and reached out to the You Can Play Project, which aims to ensure "equality, respect and safety for athletes," for their guidance in how to let the world know.

"Hopefully somewhere out there today in Halifax, there's a young gay athlete that looks up

to Connor and goes, 'You know, I can do this.'" You Can Play Project president Patrick Burke said Tuesday.

Taras is organizing a COC entry into the Halifax Pride Parade this Friday, and will be marching for his first time, alongside several Olympians and national level athletes.

"I want to help children coming up below me feel comfortable with being who they are," Taras said of setting an example for fellow LGBT kayakers.

"No matter who you are in your everyday life, when you sit in the boat, everybody's the same." **KRISTEN LIPSCOMBE/METRO**



Rams draft pick Michael Sam addresses the media during a news conference on May 13 in Earth City, Miss. The SEC co-defensive player of the year said he's in the best shape of his life, dropping 13 pounds in the month since the team's last OTA workout. DILIP VISHWANATH/GETTY IMAGES

Sam eager for next phase with Rams

Now it starts to get intense for Michael Sam and the rest of the St. Louis Rams rookies.

The first openly gay player drafted in the NFL is enthusiastic about the challenge. Twice on Tuesday, he mentioned how enjoyable it was being back on the field and trading wisecracks with teammates.

"I'm so excited to be back with the guys," Sam said. "Football's fun."

Sam hopes there will be less attention about his sexual orientation, but added his focus has to be on making the team. He said he's in the best shape of his life, dropping 13 pounds in the month since the

AUGMENTED REALITY

→ Scan the image with the Metro News app for more news from NFL training camps on Tuesday.



→ See the full instructions on Metro's Voices page.

last OTA workout, weighing in at 257 pounds.

"Feeling great," he said. "It's just where I want to be speed-wise, so I can run fast

and make plays. I want to be as fast as I can."

He didn't have much to say about his experience at the ESPYs, where he received the Arthur Ashe Courage award and got a hug from Hall of Famer Jim Brown on his way to the stage.

Just as they did after the draft and during OTAs, teammates didn't seem to care that Sam was gay. Offensive lineman Demetrius Rhane had only compliments.

"He's a football player, he's not a bother," Rhane said. "He's laid-back, funny, jokes a lot. Pretty good."

THE ASSOCIATED PRESS

4 SPORTS

NBA. Donald Sterling files new lawsuit against wife, NBA over Clippers sale

Los Angeles Clippers owner Donald Sterling has filed a new lawsuit in his attempt to retain the team and derail a potential \$2-billion sale.

The lawsuit filed Tuesday in Los Angeles County Superior Court names estranged wife Shelly Sterling, the NBA and commissioner Adam Silver, saying they committed fraud and violated corporate law in their attempt to sell the team to former Microsoft CEO Steve Ballmer.

The suit lists many arguments already being heard in a probate court trial on the legality of the Ballmer deal.

They include Sterling's assertion that he's the team's sole owner, that his wife deceived him in persuading him to get mental examina-



Donald Sterling GETTY IMAGES

tions and that the NBA and Ballmer colluded to deprive him of his rights as owner.

Attorneys for the defendants couldn't immediately be reached for comment.

THE ASSOCIATED PRESS

Soccer

Return to Ukraine 'a deadly risk' for AWOL players

Douglas Costa says he and his fellow players who are refusing to return to Ukrainian champion Shakhtar Donetsk do so because the conflict in the country puts their lives at risk.

Costa and five other South American players refused to leave France last weekend with the rest of the team to return to Donetsk for Shakhtar's first match of the season on Tuesday.

The players "all run a deadly risk if we are in the region," Costa said on his Instagram page. He said all six absentees wanted to



Douglas Costa of FC Shakhtar Donetsk. GETTY IMAGES FILE

train in Switzerland during the conflict, and were not seeking a transfer.

"I like the club, the people, the city, but I'm afraid," he said in comments posted alongside a picture of the Shakhtar badge. "We want to stay at the club, but we must have risk-free working conditions." THE ASSOCIATED PRESS

Nash backs Canadian hoopsters' toughness

Basketball. Two-time NBA MVP pans critic's suggestion that players from the North are soft

Steve Nash had a good chuckle at ESPN personality Jason Whitlock's suggestion that Canadians in the NBA are not as motivated to succeed as their American counterparts.

"Andrew Wiggins is from Canada," Whitlock said on Keith Olbermann's ESPN show Monday night. "And Canadian athletes, I think, among NBA players and NBA people, perhaps don't want it as much as even some of the Europeans, and certainly the American players."

Nash, a two-time NBA MVP and the general manager of Canada's senior men's squad, was in town for a three-day camp before the team departed for a European exhibition series. He responded to Whitlock's comments after the team's final practice.

"It's a wonderful sweeping generalization, really good. Hit it on the head there," Nash said.

The 40-year-old, who broke into the league during the 1996-97 season with the Phoenix Suns, admitted he

Trade possibly on hold

The Cleveland Cavaliers are expected to sign Andrew Wiggins to a rookie contract, an agreement that would prevent any potential trade involving him from being completed for 30 days.

- Wiggins has been linked to a possible trade with Minnesota for Kevin Love.

had to overcome knocks in his game as a young player making a name for himself. He said Wiggins will have to learn to silence his critics, too.

"I had to prove that I was athletic enough to play in the NBA," said the Los Angeles Lakers point guard. "His athleticism isn't a question, they're worrying about his motivation and desire."

"He'll overcome it. He'll take that criticism, like he always has over the last four or five years, and overcome it. There's times where we'd always like to see him show a little more alpha male, but when the game's on the line, I never see him turn away slights as motivation and he'll overcome it."

THE CANADIAN PRESS



Cavaliers forward Andrew Wiggins, the first overall pick in the recent NBA draft, dunks against the Bucks during a summer league game on July 11 in Las Vegas. JOHN LOCHER/THE ASSOCIATED PRESS

Quoted



"We're going to have a great turnout next summer, when it really matters."

Steve Nash, GM of the national men's basketball team, on getting the likes of Tristan Thompson and Andrew Wiggins for Olympic qualifying

MLB

Hip injury puts Tulo back on DL

Major league batting leader Troy Tulowitzki has been placed on the 15-day disabled list by the Colorado Rockies because of a left hip flexor strain.

The 29-year-old all-star shortstop was hurt while running out a grounder at Pittsburgh on Saturday. He was held out of the next two games before being placed on the disabled list, retroactive to Sunday. He is hitting .340 and is third in the NL with 21 home runs.

THE ASSOCIATED PRESS

Michael Rogers

Three-time world champion finally wins a TDF stage

Riding in his 10th Tour de France, three-time world champion Michael Rogers of Australia finally got his first stage victory on Tuesday by leading a breakaway group to a downhill finish as the pack entered the Pyrenees.

Italy's Vincenzo Nibali, finishing about 8 1/2 minutes back, reined in his top challengers and retained the yellow jersey after Stage 16. THE ASSOCIATED PRESS

New coach

Dunga returns to humbled Brazil

Brazil is bringing back Dunga to coach the national football team, four years after he was fired from the same job.

Tuesday's hiring comes two weeks after Brazil was eliminated from the World Cup in a humiliating 7-1 loss to Germany in the semifinals.

The 50-year-old Dunga replaces Luiz Felipe Scolari, who resigned last week after Brazil failed to win soccer's big event on its home soil. THE ASSOCIATED PRESS

Soccer



"He was a brilliant player for us and for me.... It's a shame he's not here. But Liverpool, as a club, is bigger than any one player."

Liverpool manager Brendan Rodgers says the team is moving on after Luis Suarez' departure to Barcelona for a \$130-million transfer fee. The Uruguay national scored 82 goals in 133 Liverpool appearances. But his three years in England were overshadowed by bans for racial abuse and biting. Rodgers spoke at Fenway Park, before the Reds practised for Wednesday night's friendly against Roma.

TOP SIX @ 6 Weeknights at 6 Kat counts down the HOTTEST songs of the day

6 DJ Snake ft Lil John Turn Down for What

5 Nico & Vinz Am I Wrong

4 Hedley Heaven In Our Headlights

3 Iggy Azalea ft Charlie XCX Fancy

2 Jason Derulo ft Snoop Wiggle

1 Sam Smith Stay With Me

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2014 Chevy Silverado

- **Type.** Two- or four-door, 4x2 or 4x4 full-size pickup
- **Engines (hp).** 4.3-litre V6 (285/305), 5.3-litre V8 (355/383), 6.2-litre V8 (420/460)
- **Transmission.** Six-speed automatic
- **Base price.** \$26,540 (plus destination)

Market position

The Chevrolet Silverado comes in three cab configurations (Regular, Double and Crew) and in a range of trim lines to suit various needs and budgets. As with Ford and Ram, heavy-duty models are also available.

Points

- This is the first year for the High Country, a top-line luxury trim model that roughly corresponds to GMC's Sierra Denali.
- A new bumper step and corresponding hand-hold is a simple but effective method of accessing the truck bed.
- Changes include new styling, projector headlamps, more differentiation between the trims, and a new avail-



The Silverado has a bumper step to ease access to the truck bed.

able 6-foot-6 bed on the Crew Cab.

Interesting features

An available MyLink infotainment system, high-wear cloth upholstery, forward-collision and lane-departure warning with vibrating seat alert, park assist, and power sunroof.

Chevy gets back in the game

PHOTOS: JIL MCINTOSH



Compare PHOTOS: CONTRIBUTED



1 Ford F-150
Base price: \$19,999
The outgoing 2014 makes way for an all-new, aluminum-bodied 2015 model later this year.



2 Ram 1500
Base price: \$26,995
Three engines are available, including the only diesel engine currently found in a light-duty pickup truck.



3 Toyota Tundra
Base price: \$26,950
Toyota offers two V8 engines, and has updated its styling and suspension for 2014.

Review. The improved Chevy Silverado and GMC Sierra pickups narrow the gap with their competitors

JIL
MCINTOSH
drive@metronews.ca

There are few auto segments more fiercely fought than the pickup truck market, and few as diverse. Buyers range from those who tow massive campers and horse trailers to those who drive them primarily as big cars.

Because of this, automakers are updating their trucks far more frequently

than they did in the past.

General Motors has introduced an all-new Chevrolet Silverado for 2014, along with its mechanically identical GMC Sierra twin. This truck had been lagging behind some of its competitors for a while, but it's now firmly back in the game.

The three available engines are the same size as on the last-generation model — a 4.3-litre V6, a 5.3-litre V8 and a 6.2-litre V8 — but they're entirely new, and they come with fuel-saving technologies.

One of them is cylinder deactivation, which seamlessly shuts the engine down to four cylinders when full power isn't needed. That's becoming relatively com-



The redesigned interior is both handsome and functional.

mon on V8s, but it's rare to see it on a V6, as here.

On the Double Cab, the rear doors are now hinged at the front instead of the back, making it simple to

get into the rear seats. On all models, the doors are now flush with the body, rather than extended into the roof, which helps reduce noise. Overall, this is probably the

quietest truck cabin on the market, and the redesigned interior is both handsome and functional.

A lower hip point on the seat makes it easier to get into this big truck. The new suspension and electric power steering have been tuned for responsive handling and a smooth ride, and it's a good driver.

It also tows well, although competitive trucks produce more torque than Chevrolet, with engines comparable to the Silverado's 5.3-litre V8.

Chevy hasn't leapfrogged over the competition with this truck, but the considerable improvements warrant serious consideration for those in the market.

5
DRIVE



A Range Rover Evoque parks itself in research testing by French parts maker Valeo. AFP

Self-driving cars are much closer than you think

Robot rovers. Test vehicles can already park by themselves and avoid accidents

They drive better than you

"90 per cent of accidents are caused by human error."

Franck Cazenave, Bosch marketing

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Why waste your time looking for a place to park when your car can do it for you?

An idea that was pure science fiction a few years ago is becoming reality thanks to automatic robot cars.

There's now a driverless car that can drive into a car park at walking pace, let a pedestrian pass, and back into a narrow space without the merest bump or scrape.

The technology that makes this possible has been developed by Swedish car company Volvo and French parts maker Valeo. It is still in the prototype stage but could be on the market in six years.

Some cars can already drive themselves in certain circumstances. The Mercedes CLS brakes by itself when the driver fails to react to the risk of an accident. Some BMW models warn drivers they are about to go over the white line, and can go into automatic pilot in traffic jams.

"Lots of the technology is already out there," said Guillaume Devauchelle, director of R&D at Valeo. "But now we are at a turning point."

Rapid progress in radar and detection camera tech-

nology now allows cars to "see" things going on around them. Computers analyze road conditions and make the car react accordingly.

Which means that car makers believe that they will have models on the market capable of driving by themselves by 2020, and utterly autonomous robot cars by 2030.

This could radically cut mortality, said Franck Cazenave, marketing director at the parts maker Bosch, since "90 per cent of accidents are caused by human error."

There are other benefits. As cars begin to talk to one another, and with computers running the road system, traffic will run more smoothly, with huge savings on fuel.

According to Sébastien Amichi of consultants Roland Berger, after 2030, there could be "fleets of vehicles available 24/7 that will come to pick you up wherever you want, and do so with amazing efficiency."

These cars also make life more comfortable.

"Drivers won't have to drive so they will have that time for themselves," says Cazenave. AFP

Taking control

New sports version of S Class is more high-tech than ever

Mercedes has unveiled the sports version of its new S Class Coupe. The Mercedes S63 AMG Coupe, successor to the S63 AMG Coupe, will be available in late 2014.

Thanks to its twin-turbo V12 engine with 630 hp, combined with a seven-speed automatic transmission, the new coupe can go from 0 to 100 km/h in 4.1 seconds.

Like the rest of the S

Class range, the S65 offers a wealth of driver-assistance features, including everything from night-vision assistance to assisted emergency braking and driver fatigue alerts. The car is also equipped with systems designed to avoid accidents, detect pedestrians and alert the driver to lane departures.

Perhaps the most impressive technology is Magic Body Control, an active suspension system that detects road conditions and adapts the suspension accordingly. The car can even lean into the curves of the road, a little like a motorcycle. AFP



IndyCar driver James Hinchcliffe took journalists on a hot lap around old Mosport in a Honda Civic Si. MIKE GOETZ

So you want
to be a race-
car driver

Get ready to shake some hands. James Hinchcliffe warns there's as much work off the track as on unfamiliar enough for loyal fans

Quoted

"Other sports are also not quite as sponsor-dependent. It's the nature of the sport."

James Hinchcliffe, Canadian driver for the Andretti Sport team on the IndyCar series



AUTO PILOT
Mike Goetz
drive@metronews.ca

That's one thing people don't appreciate — how little time we have in the car, and how much we are working outside of the car."

In addition to the practices and racing on race weekends, Hinchcliffe says drivers may only get one extra tech day a month. Quite a difference, he noted, from something like a professional hockey player, who's on the ice almost every day during the season.

"Other sports are also not quite as sponsor-dependent," he explains. "It's the nature of the sport."

And although there is a big team element to a successful race, that doesn't mean the whole team shoulders the promotional activities. The driver is the focal point for any media, sponsor or fan-related interest — unlike an NHL team, for example, which could theoretically send anyone on its 23-man roster to fulfill office team duties.

But don't get the impression that those activities are a burden to Hinchcliffe. He enjoys them, and he's good at them.

He is a natural spokesperson and very approachable and personable. At the Honda event, he mingled with everyone the entire day.

Well, at least until it was time to put in a hot lap in a Civic Si, to give journalists a lap time to aspire to on the track.

I didn't even try. I opted for the other option: riding shotgun with Hinchcliffe.

He showed me that, although there are lots of fast grooves on the racetrack for amateur drivers to enjoy, there is always a waaaaaay faster groove out there reserved for the pros.



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As far as jobs go, you could do a lot worse than IndyCar driver.

Sure, you have to work weekends during the summer, but the money's not bad. Neither is the satisfaction level. It's way fun, too. And the teams always provide high-quality meal spreads on race days.

So maybe you saw last weekend's IndyCar double-header in Toronto, and it got you thinking that you should seriously pursue race-car driving as a career, or at least consider it for a fallback position should your current gig as wedding planner, audiologist, or telephone marketer not pan out.

Well then, you've come to the right place. Because we recently got some insight into the race-driver life from James Hinchcliffe, Canada's top IndyCar driver.

We caught up with him at a Honda Canada press event at Canadian Tire Motorsport Park (formerly Mosport), a few days before the big races in Toronto.

The first thing we learned is that race drivers do a lot of this promotional stuff. Hinchcliff figures it's about a 70/30 split for out-of-the-car promotional duties versus in-car race-car duties. The sheer volume of the former was the thing that surprised him the most when he first made the leap to the big leagues.

"In the junior categories, all you have to worry about is driving the car. Now, all of sudden, you have to worry about media and sponsors."

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

If you listen to what others say you will likely learn something to your advantage today. The Sun in Leo means there are opportunities coming your way.

♉ Taurus

April 21 - May 21

If the stresses of life are getting to you, take an hour out of your schedule and sit somewhere quiet where you can refresh both your body and mind.

♊ Gemini

May 22 - June 21

There is no point worrying about how you are going to make ends meet. You know from experience that something always comes up.

♋ Cancer

June 22 - July 23

Look ahead to where you would like to be a month or even a year from now and start doing the things that can make it happen. The more you focus on the goals, the more likely they are to come about.

♌ Leo

July 24 - Aug. 23

The most important thing now is that you keep reminding yourself that all things are possible. You alone create the path you take through life and you alone are responsible for it.

♍ Virgo

Aug. 24 - Sept. 23

You may have a brilliant idea but don't do anything with it yet. Let it simmer for a while. When you come back to it later, it will have matured.

♎ Libra

Sept. 24 - Oct. 23

Life is meant to be enjoyed and that is exactly what you will be doing over the next few days. Others will be attracted by your positive vibes.

♏ Scorpio

Oct. 24 - Nov. 22

If you pay attention to what a friend tells you today, you will learn something to your advantage. At the very least you will avoid making the same kind of mistake.

♐ Sagittarius

Nov. 23 - Dec. 21

The only danger now is that with so many marvelous things going on you could let down your guard and let others make decisions that are profitable for them but costly for you.

♑ Capricorn

Dec. 22 - Jan. 20

You're entitled to your opinion and to be heard but if you think everyone is going to agree with you chances are that you will be very disappointed.

♒ Aquarius

Jan. 21 - Feb. 19

Be nice to those you meet and do business with today. You are going to need their help over the next few weeks. Kind words will go a long way towards winning over important people.

♓ Pisces

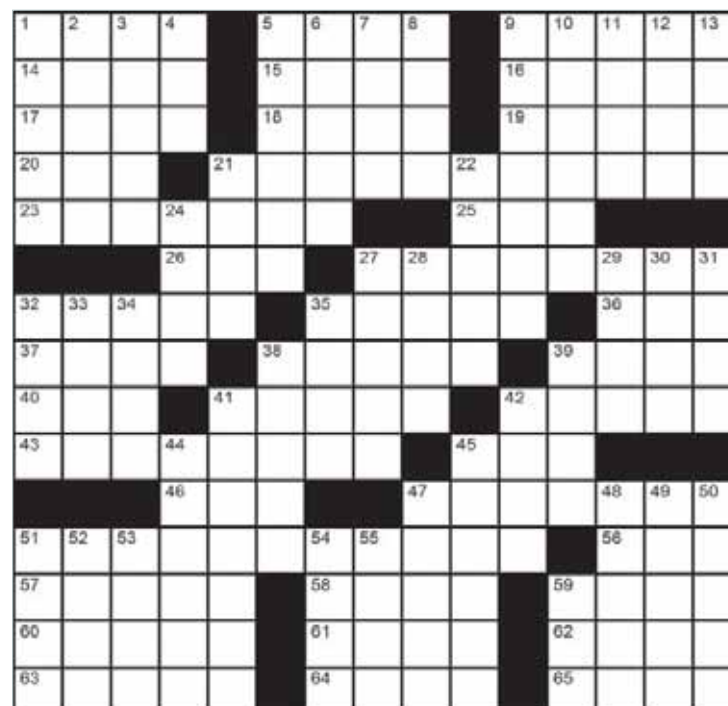
Feb. 20 - March 20

If someone says something hurtful about you today don't take it too seriously. Most likely they are just having a bad day and need to let off steam.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Beach lotions' 15 and 30, e.g.
5. Streetside eatery
9. Swayed
14. __ monde (High society)
15. Amongst
16. Fleshy-snouted animal
17. Contraption cartoonist Mr. Goldberg
18. Flatbread variety
19. Actress Ms. Christensen
20. Pres. Obama's country
21. Canada is the world's largest exporter of what crop?: 2 wds.
23. Prairie fruits, Saskatoon __
25. "I __ bit hungry, actually."
26. Entirely
27. Fictional Manitoba town in Margaret Laurence stories
32. Trans Canada __
35. "Long to __ over us / God save The Queen."
36. Cartoonist Mr. Keane
37. Mr. Malden
38. Irish writer Oscar
39. Bandar __ Begawan (Brunei's capital)
40. Vintage flicks American channel
41. Fixes
42. "Tall Tall Shadow" by Canadian song-



- stress Basia __
43. Ottawa's NBL Canada team
45. Standard
46. Ike's WWII arena
47. Hockey goaltending great, Ed __, born in Carman, MB
51. Ontario scene of the annual Elvis Festival

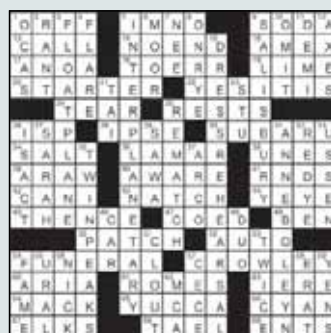
56. Wildebeest
57. Aerosmith hit with Alicia Silverstone in the vid'
58. Grate
59. Ms. Drescher
60. Ms. Seigny
61. Organic compound
62. Ernie and __
63. Charter

64. Trait carrier
65. Doctrines
- Down**
1. Bush
2. Hesitate
3. 2002 Canadian mockumentary
4. Fr. holy woman
5. "Bon Cop, Bad Cop" (2006) director, Erik __

6. Stockpile
7. Italian car
8. John Diefenbaker's first wife
9. Oprah's longtime love
10. Poland's capital
11. "I just baked __."
12. Greek Myth: Winged goddess

13. Diploma-getter, briefly
21. Pepper __
22. Array
24. Stairway feature
27. Blends
28. Assists
29. Biblical brother
30. __ Isabella, Canadian country songstress
31. Dismounted
32. Concert-goers' li'l purchases
33. Magazine __
34. Canadian __ (Military force)
35. Skater's spot
38. Trophy-getting team's shout!: 2 wds.
39. Ride the waves
41. "Young & Lazy" by Vancouver band The __
42. __ Eagle
44. Charioteering sun god
45. Barbra Streisand song
47. Higgs __, 'The God Particle'
48. Monsters
49. Take away weapons
50. Smallest litter puppies
51. Gladiator's 350
52. "What's Hecuba to him __ to Hecuba..." - Hamlet
53. Oasis song
54. "Dharma & __"
55. Decline
59. "The X-Files" org.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

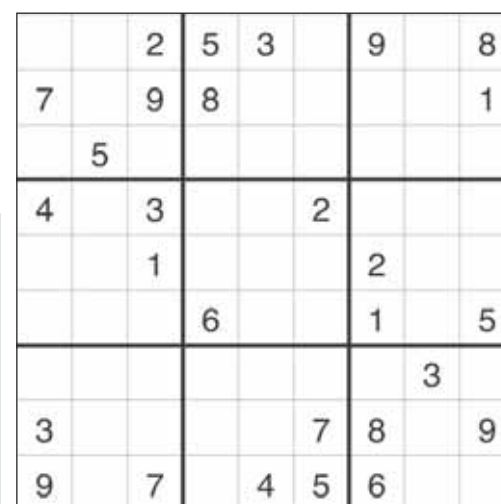


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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